

CITY OF LAKE FOREST

Winter 2010/11
December, January, February

Leisure Times



↑ PULL OUT & SAVE! ↓



Snow Fest
January 29, 2011

See page 2



LEISURE TIMES INDEX

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Contact Information

Lake Forest Community Center
25550 Commercentre Dr
Lake Forest, CA 92630
461-3450
www.lakeforestca.gov

Etnies Skatepark
of Lake Forest 916-5870
www.etnieskateparkoflakeforest.com

Lake Forest Teens 461-3446
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus
Registration 451-5555

SVUSD
Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3400

City Manager's Office . . . 461-3410

Community
Policing Center 461-3530

Employment Hotline 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Planning 461-3491

Public Works 461-3480

Recreation 461-3450

Redevelopment 461-3567

Front Cover Photos: John McGuire

Community Services Winter Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

For general questions regarding Community Services Programs on these days visit the City website at www.lakeforestca.gov. You can also register for programs even on these closed days. Visit our on-line registration at online.activecommunities.com/lifeonline.

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- December 24, 2010 – Christmas Eve Day
- December 31, 2010 – New Year's Eve Day
- January 17, 2011 – Martin Luther King, Jr. Day
- February 21, 2011 – Presidents' Day

City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6 p.m. during the remainder of the work week to serve you better! **During the months of December, January, and February, City Hall is closed on the following Fridays:**

- December 10, 2010
- December 24, 2010
- December 31, 2010
- January 7, 2011
- January 21, 2011
- February 4, 2011
- February 18, 2011



CITY SPECIAL EVENTS



Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! If you don't know how to play BUNCO...we'll teach you! No skill is involved – just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7.00 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1891 Adults/Seniors Dec 3 Fri 7:00-9:30 pm

29th Annual Victorian Christmas

Imagine you have been transported to the turn of the 20th Century, you hear the sound of carolers as you stroll through a historic village decorated in the holiday cheer of the era. Your children are making hand-dipped candles, and the smell of vanilla cookies hangs in the air as Mrs. Claus tells stories about life at the North Pole. Are you in a movie? No! You have simply arrived at Heritage Hill's Victorian Christmas! Costumed docents will be on hand to lead families through the old buildings of Orange County's past decorated to celebrate the holidays. This family oriented event provides the opportunity for the young and young at heart to churn butter, make historic crafts and play games. Most importantly, everyone has the opportunity to capture the magic of a Christmas past.

Fee: \$4.00 Adults/ \$3.00 Children (ages 3-12)

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families Dec 4 Sat 11:00 am-3:00 pm



Breakfast With Santa

Santa invites you and your family to join him for a delicious home-style cooked breakfast complete with pancakes, side dishes, juice, and milk. There will be holiday melodies, cookie decorating, and storytime with Santa to add to this wintertime magic. **Day of registration will not be accepted**, so register early. Don't forget to bring your camera for a picture with Santa!

Fee: \$6.00 per person

(children ages 3 and older must be registered)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1894 Families Seating 1 Dec 11 Sat 8:00-10:00 am

Act#:1895 Families Seating 2 Dec 11 Sat 10:30 am-12:30 pm

North Pole Calling

What better way to celebrate the holidays than with a phone call from the jolly old man himself? If your little one would like to be contacted by Santa Claus, the City of Lake Forest will be happy to arrange it. Just fill out the North Pole Calling reservation form. Then turn it in by mail, fax, or walk your reservation in to make sure your child gets that special holiday call.

Fee: Free for Lake Forest residents

Reservation Deadline Date: **Thursday, December 2nd**

Online Registration is not accepted for this program.

For more info or to receive a North Pole Calling reservation form call: The City of Lake Forest at 461-3450, or download form from www.lakeforestca.gov/depts/cs/community_events.asp.

Ages 3-4	Dec 6	Mon	6:30-8:30 pm
Ages 5-6	Dec 7	Tue	6:30-8:30 pm
Ages 7-8	Dec 8	Wed	6:30-8:30 pm

SnowFest 2011 Saturday, January 29

Come be a part of this annual winter event and hit the snow laden slopes of Mount Pittsford (Pittsford Park)! Grab the kids, the camera, your friends and come play in the snow at this special event. Sleds and saucers will be available for you and your family with a free snow play area for kids 5 and under. Additional attractions will include "out of this galaxy" special guest appearances. Food and drinks will be available for a nominal fee. **Pre-registration is mandatory. Tickets are sold out by the day of the event.** Everyone who sleds down the hill must have a pre-purchased wristband. Children under five are required to ride with an adult.

Fee: \$5.00 per Sledder – **Cash only, Presale** at the Lake Forest Community Center

Each participant must have a signed waiver form on file with the City. Online registration is not accepted for this program

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Purchase tickets at Lake Forest Community Center
(25550 Commercentre Dr) – **PRESALE AND CASH ONLY**

LAKE FOREST RESIDENT REGISTRATION DATES

(proof of residency is required i.e. Driver's License or Utility Bill):

Lake Forest Residents Only	Tue	Jan 11	12:00-7:00 pm
Lake Forest Residents Only	Wed	Jan 12	12:00-7:00 pm

OPEN REGISTRATION (based upon ticket availability)

Non-Lake Forest Residents	Thu	Jan 13	12:00-7:00 pm
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Session 1	Family	Sat	Jan 29	11:00 am-12:15 pm
Session 2	Family	Sat	Jan 29	12:45-2:00 pm
Session 3	Family	Sat	Jan 29	2:30-3:45 pm

****Rain date for this event is Saturday, February 5. Call the event hotline number at 461-3459 for rain date information.**



WINTER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Sat., Dec. 4	11 am-3 pm	29th Annual Victorian Christmas	Heritage Hill Historical Park (25151 Serrano Rd)	\$4.00 adults/\$3.00 children ages 3-12
Sat., Dec. 11	8 am-12:30 pm	Breakfast with Santa	Lake Forest Community Center (25550 Commercentre Dr)	\$6.00 per person (Pre-registration is required)
Sat., Dec. 11 Sun., Dec. 12	5:30-8:30 pm	25th Annual Candlelight Tour	Heritage Hill Historical Park (25151 Serrano Rd)	\$4.00 adults/\$3.00 children ages 3-12
Mon., Dec. 13	5-6 pm	7th Anniversary Skatepark Party	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	Free to attend
Fri., Dec. 17	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 entry per person
Fri., Jan. 14	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 entry per person
Sat., Jan. 29 *	11am-4pm *	Snow Fest *	Pittsford Park (21701 Pittsford Dr) *	\$5.00 per sledder; (Pre-registration is required); additional activities available for nominal fee
Fri., Feb. 11	6-10 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)	\$5.00 entry per person

25th Annual Candlelight Tour

The twinkle of candlelight dances in the moonlight as the sound of holiday carolers fills the air. Over 1000 luminaries are lit and placed along the walkways and doorways during the Annual Candlelight Tour. Children will delight as they tell Santa their last minute holiday wishes. Parents and friends will enjoy the sights of antique holiday decorations as costumed docents lead them through the history of old Orange County. Soak up the warmth of the holidays as storytellers spin tales in the old schoolhouse and let Heritage Hill's Candlelight Tour become one of your family's holiday traditions.

Fee: \$4.00 Adults/\$3.00 Children (ages 3-12)

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door.

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families	Dec 11	Sat	5:30-8:30 pm
Families	Dec 12	Sun	5:30-8:30 pm

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Fourth of July Parade Committee

Would you like to try your hand at special event planning? Have you ever wanted to be more involved in City events? The City of Lake Forest is looking for you! We're welcoming interested volunteers to help us plan the 20th Annual Lake Forest Fourth of July Parade. This year's theme is "Celebrating Independence on our 20th Birthday." Become a parade committee member!

Meeting Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info on the Fourth of July Parade Committee call:
Ron Rivera at 461-3457 or email rrivera@lakeforestca.gov.

Adults Feb 7 Mon 6:00 pm

Fourth of July Parade Logo Design Contest



The City of Lake Forest is looking for creative and patriotic designs for its 20th Annual 4th of July Parade. This year's theme is "Celebrating Independence on our 20th Birthday." If you think you have a good idea and design, please send us a Hi Res Jpeg to enter the contest. The winner of the logo contest will have their logo featured on all the 4th of July Parade advertising and will also be invited to be a VIP entry in the parade.

Deadline for entries is February 18 by 5:00 pm.

For more info please contact Ron Rivera, Recreation Coordinator at 461-3457 or email rrivera@lakeforestca.gov.



See you at
**"Bunny Blast:
An Egg
Wonderland!"**

**Saturday, April 16
11 am-3 pm
El Toro Park**
(23701 Los Alisos Blvd)

Check your Spring *Leisure Times*
at the end of January for more info!



YOUTH SPORTS PROGRAMS



Goal Zone – Basketball

Are you interested in playing organized sports? Goal Zone is a five-week sport program for kids, grades 1-6. Enjoy the opportunity to gain the skills needed to excel and have fun.

Teams will meet once a week for four weeks to practice. At the end of four weeks, a team will travel to another school (transportation by school bus is provided) to compete against that school. Children must be picked up immediately following Goal Zone or be a registered participant in the Kids' Factory after school drop-in recreation program at the school. Goal Zone activities will not be held December 20-December 31.

Days and Times vary depending on school. Call for details.

Fee: \$20 (includes t-shirt)

Locations: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada & Santiago Elementary Schools

For more info or to register call: SVUSD at 768-0981, press 3

Act #: 50978	1-6 grade	Nov 29-Jan 10	Mon	Portola Hills
Act #: 50979	1-6 grade	Nov 29-Jan 10	Mon	Foothill Ranch
Act #: 50980	1-6 grade	Nov 30-Jan 11	Tue	La Madera
Act #: 50981	1-6 grade	Nov 30-Jan 11	Tue	Gates
Act #: 50982	1-6 grade	Dec 1-Jan 12	Wed	Olivewood
Act #: 50983	1-6 grade	Dec 1-Jan 12	Wed	Lake Forest
Act #: 50984	1-6 grade	Dec 2-Jan 13	Thu	Aliso
Act #: 50985	1-6 grade	Dec 2-Jan 13	Thu	Santiago
Act #: 50986	1-6 grade	Dec 3-Jan 14	Fri	Rancho Canada

Could we have your email address? In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!

YOUTH

Holiday Hoopla *New* Full-Day Winter Break Camp

This annual holiday program just got better than ever, so let's get the party started! Boys and girls are invited for an awesome half-week of camp and excursions. The fun will be taking place **all day!** We will be going on excursions to "Pump It Up" and to see "Disney On Ice Let's Celebrate!" at the Honda Center in Anaheim. The camp will have an 8 to 1 camper to counselor ratio and all campers should be ready to have a holiday blast!

Fee: \$77.00 per child

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 1897 8-12 yrs Dec 20-22 Mon-Wed 8:00 am-6:00 pm



Kids' Factory

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include crafts, sports and games, which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11:00 am.

Fee: FREE!

Locations: Aliso, Gates, Foothill, Lake Forest, La Madera, Olivewood, Portola, Rancho Canada, & Santiago Elementary Schools.

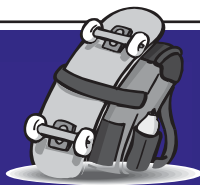
To Register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 3

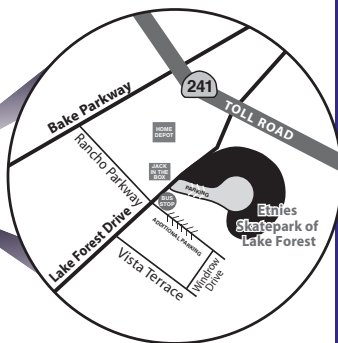
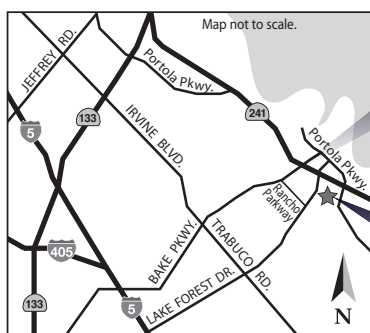
Grades K-6 Sep 13 - Jun 17 Mon-Fri

Times vary depending on school dismissal.

ETNIES SKATEPARK OF LAKE FOREST



**Etnies Skatepark
of Lake Forest**
20028 Lake Forest Drive
Lake Forest, CA 92630



This world class outdoor skating and BMX facility includes features for all skill levels! The Park is open to the public 7 days a week, including most holidays.

Location: 20028 Lake Forest Dr

For more info call: The Etnies Skatepark of Lake Forest at 916-5870 or visit the Skatepark Website at www.Etnieskatepark.com for updated information on the Park. In the case of inclement weather, please call ahead to see if the Park is open.

Winter Schedule

Skate Sessions

Mon 11:00 am-9:00 pm
Tues 1:00 pm-9:00 pm
Wed 11:00 am-7:00 pm
Thurs 11:00 am-9:00 pm
Fri 11:00 am-10:00 pm
Sat 10:00 am-10:00 pm
Sun 12:30 pm-9:00 pm

BMX Sessions

Tues 11:00 am-1:00 pm
Wed 7:00 pm-9:00 pm
Sun 10:00 am-12:30 pm

Winter 2010-11 Holiday Schedule

December 24, 2010	10:00 am-5:00 pm	Christmas Eve
December 25, 2010	Closed	Christmas Day
December 31, 2010	10:00 am-5:00 pm	New Year's Eve
January 1, 2011	12:00 pm-8:00 pm	New Year's Day

BMX am sessions on December 21 and December 28 have been cancelled due to winter skateboard camp.

Seventh Anniversary Skatepark Party

This year celebrates 7 years since the grand opening of the Skatepark! Come celebrate seven years of skateboarding with free pizza, drinks, and skate session. There will also be an opportunity prize drawing.

Fee: Free to attend.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

All Ages

Dec 13

Mon

5:00-6:00 pm



Winter Skate Camp

We have been offering skate camp at the Etnies Skatepark of Lake Forest since we opened in 2003, which has allowed our skate camp programming to grow into one of the most successful offered by any city. Each day of camp will consist of detailed instruction, camp activities, skateboard movies, games, and a lunch break. Specific clinics covering the basics of Ollies, kick flips, rails, boxes, and ramp skateboarding will be held by experienced Skatepark staff. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and is provided with BBQ lunch and drink each day. If your child has special dietary needs, please email Ngates@Lakeforestca.gov so we can accommodate them. Each week campers will also receive a DVD of the week's highlights produced by the Skatepark staff along with an introduction to skateboard videography.

Fee: \$195 per person. Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

Act#: 1965	Ages 5-16	Dec 20-24	Mon-Fri	10:00 am-2:00 pm
Act#: 1966	Ages 5-16	Dec 27-31	Mon-Fri	10:00 am-2:00 pm

Be sure to pre-register for our classes and programs. For more info see page 31.



Winter Video/Film Skateboard Camp

Do you have a passion for filming skateboarding; maybe you want to make your own "sponsor me" video? Then this camp is for you. This camp covers the basics of filming and editing. Each camp will decide as a group on the video project they would like to complete during the week. Once the general idea is established the first three days are spent filming using our HD video cameras and various tools such as a film dolly, tripods, and the fish eye lens. Once the video has been captured, it will be edited by the group using the new CS5 adobe premiere. Participants will receive a DVD of the final project, an official Etnies Skatepark of Lake Forest T-Shirt, and daily lunch. The final video will also be loaded onto the "TheEtniesSkatepark" YouTube account and posted on the www.EtniesSkatepark.com website. Participants are also welcome to bring their own video or still cameras to practice with during camp.

Fee: \$195 per person. Limited to 5 participants per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

Act#: 1975 10 yrs & up Dec 20-24 Mon-Fri 10:00 am-2:00 pm
Act#: 1976 10 yrs & up Dec 27-31 Mon-Fri 10:00 am-2:00 pm

Skateboarding/BMX Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.



Band Nights at the Skatepark

The Skatepark has grown into one of the premier all ages venues for music in South Orange County. With bands like JFA, Dubluva, Smogtown, The Stitches, along with many local acts, patrons can enjoy a great concert in a safe environment. Come out to see some great music and support your local Skatepark! If you would like to have your band play at one of the band nights, please leave a cd at the Skatepark office with your contact information.

Fee: \$5 entry per person

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870 or check out www.EtniesSkatepark.com for event coverage, videos, and concert recordings.

All Ages	Dec 17	Fri	6:00-10:00 pm
All Ages	Jan 14	Fri	6:00-10:00 pm
All Ages	Feb 11	Fri	6:00-10:00 pm

Great Gift Ideas for the Holidays

Stop by www.EtniesSkatepark.com and shop our online store or stop by the Skatepark office for great deals on quality merchandise. Skatepark short sleeve T- shirts are only \$12!



Skateboard and BMX Birthday Parties at the Skatepark

Make your next party a Skate or BMX Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County.

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- BMX parties are available during BMX sessions on Sundays from 10:00 am-12:00 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.



Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email Ngates@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.



Make sure to visit www.EtniesSkatepark.com. The website features interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos of recent events, video, and a collection of history and information about the Skatepark not available anywhere else on the web. It is updated weekly with new content so stop by and check it out!

Follow the Skatepark at
[Facebook.com/EtniesSkatepark](https://www.facebook.com/EtniesSkatepark),
[Twitter.com/EtniesSkatepark](https://twitter.com/EtniesSkatepark) or check
www.EtniesSkatepark.com for latest
 information on the Expansion Project!



Beginning Skateboard Lessons

Ever wanted to experience the rush of a skateboard, but lack the courage and the know-how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
 (20028 Lake Forest Dr)

To Register: On-line, Mail In, Walk In

For more info call: The City of Lake Forest at 461-3450

Act#: 1977 6 yrs and up Dec 7-28 Tue 4:00-5:00 pm

No Saturday Classes due to Holiday Schedule for December

Act#: 1978 6 yrs and up Jan 4-25 Tue 4:00-5:00 pm

Act#: 1979 6 yrs and up Feb 1-22 Tue 4:00-5:00 pm

Act#: 1980 6 yrs and up Jan 8-29 Sat 9:00-10:00 am

Act#: 1981 6 yrs and up Feb 5-26 Sat 9:00-10:00 am

Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$55 – 4 week session

Location: Etnies Skatepark of Lake Forest
 (20028 Lake Forest Dr)

To Register: On-line, Mail In, Walk In

For more info call: The City of Lake Forest at 461-3450

Act#: 1983 6 yrs and up Dec 7-28 Tue 5:00-6:00 pm

No Saturday Classes due to Holiday Schedule for December

Act#: 1984 6 yrs and up Jan 4-25 Tue 5:00-6:00 pm

Act#: 1985 6 yrs and up Feb 1-22 Tue 5:00-6:00 pm

Act#: 1986 6 yrs and up Jan 8-29 Sat 10:00-11:00 am

Act#: 1987 6 yrs and up Feb 5-26 Sat 10:00-11:00 am



Private Skateboard Lessons

The skull bowl, vert wall, or even the 11 stair handrail may be the most intimidating of obstacles for the novice rider. The new private lessons offered at the Skatepark can cater to your skill level on any of the obstacles in the Skatepark. The lessons are taught by experienced riders who are capable of teaching the beginners where to start to showing advanced riders new tricks such as switch stance, pool coping grinds and how to use the flow course to its full potential. Availabilities are limited so make sure to sign up quickly. These lessons are for young and old alike so don't be hesitant to dust off your old board and come on out for some fun and thrills. **Please note that during private lessons the Skatepark is still open to the public.**

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$160 and receive a discount of \$20. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

DECEMBER

Act#: 1989	Dec-A	6 yrs and up	Dec 2	Thu	4:00 pm
Act#: 1989	Dec-B	6 yrs and up	Dec 2	Thu	5:00 pm
Act#: 1989	Dec-C	6 yrs and up	Dec 2	Thu	6:00 pm
Act#: 1989	Dec-D	6 yrs and up	Dec 9	Thu	4:00 pm
Act#: 1989	Dec-E	6 yrs and up	Dec 9	Thu	5:00 pm
Act#: 1989	Dec-F	6 yrs and up	Dec 9	Thu	6:00 pm
Act#: 1989	Dec-G	6 yrs and up	Dec 16	Thu	4:00 pm
Act#: 1989	Dec-H	6 yrs and up	Dec 16	Thu	5:00 pm
Act#: 1989	Dec-I	6 yrs and up	Dec 16	Thu	6:00 pm
Act#: 1989	Dec-J	6 yrs and up	Dec 23	Thu	4:00 pm
Act#: 1989	Dec-K	6 yrs and up	Dec 23	Thu	5:00 pm
Act#: 1989	Dec-L	6 yrs and up	Dec 23	Thu	6:00 pm

JANUARY

Act#: 1989	Jan-A	6 yrs and up	Jan 6	Thu	4:00 pm
Act#: 1989	Jan-B	6 yrs and up	Jan 6	Thu	5:00 pm
Act#: 1989	Jan-C	6 yrs and up	Jan 6	Thu	6:00 pm
Act#: 1989	Jan-D	6 yrs and up	Jan 13	Thu	4:00 pm
Act#: 1989	Jan-E	6 yrs and up	Jan 13	Thu	5:00 pm
Act#: 1989	Jan-F	6 yrs and up	Jan 13	Thu	6:00 pm
Act#: 1989	Jan-G	6 yrs and up	Jan 20	Thu	4:00 pm
Act#: 1989	Jan-H	6 yrs and up	Jan 20	Thu	5:00 pm
Act#: 1989	Jan-I	6 yrs and up	Jan 20	Thu	6:00 pm
Act#: 1989	Jan-J	6 yrs and up	Jan 27	Thu	4:00 pm
Act#: 1989	Jan-K	6 yrs and up	Jan 27	Thu	5:00 pm
Act#: 1989	Jan-L	6 yrs and up	Jan 27	Thu	6:00 pm

FEBRUARY

Act#: 1989	Feb-A	6 yrs and up	Feb 3	Thu	4:00 pm
Act#: 1989	Feb-B	6 yrs and up	Feb 3	Thu	5:00 pm
Act#: 1989	Feb-C	6 yrs and up	Feb 3	Thu	6:00 pm
Act#: 1989	Feb-D	6 yrs and up	Feb 10	Thu	4:00 pm
Act#: 1989	Feb-E	6 yrs and up	Feb 10	Thu	5:00 pm
Act#: 1989	Feb-F	6 yrs and up	Feb 10	Thu	6:00 pm
Act#: 1989	Feb-G	6 yrs and up	Feb 17	Thu	4:00 pm
Act#: 1989	Feb-H	6 yrs and up	Feb 17	Thu	5:00 pm
Act#: 1989	Feb-I	6 yrs and up	Feb 17	Thu	6:00 pm
Act#: 1989	Feb-J	6 yrs and up	Feb 24	Thu	4:00 pm
Act#: 1989	Feb-K	6 yrs and up	Feb 24	Thu	5:00 pm
Act#: 1989	Feb-L	6 yrs and up	Feb 24	Thu	6:00 pm

Skateboarding/BMX Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.



BMX Private Lessons

Only a few parks in the nation open their doors to the use of BMX riders. The Etnies Skatepark of Lake Forest is proud to be one of the few and extends the invitation to ride your BMX and improve your skills with BMX private lessons. If it's your first day on a bike, or maybe in the park, these lessons help develop basic skills riding park terrain. Jumps, ramps, and flow are all aspects of these new lessons. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. **Please note that during private lessons the Skatepark is still open to the public.**

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes for \$160 and receive a discount of \$20. Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450.

DECEMBER

Act#: 1990	Dec-A	6 yrs and up	Dec 5	Sun	9:00 am
Act#: 1990	Dec-B	6 yrs and up	Dec 5	Sun	10:00 am
Act#: 1990	Dec-C	6 yrs and up	Dec 12	Sun	9:00 am
Act#: 1990	Dec-D	6 yrs and up	Dec 12	Sun	10:00 am
Act#: 1990	Dec-E	6 yrs and up	Dec 19	Sun	9:00 am
Act#: 1990	Dec-F	6 yrs and up	Dec 19	Sun	10:00 am

JANUARY

Act#: 1990	Jan-A	6 yrs and up	Jan 2	Sun	9:00 am
Act#: 1990	Jan-B	6 yrs and up	Jan 2	Sun	10:00 am
Act#: 1990	Jan-C	6 yrs and up	Jan 9	Sun	9:00 am
Act#: 1990	Jan-D	6 yrs and up	Jan 9	Sun	10:00 am
Act#: 1990	Jan-E	6 yrs and up	Jan 16	Sun	9:00 am
Act#: 1990	Jan-F	6 yrs and up	Jan 16	Sun	10:00 am
Act#: 1990	Jan-G	6 yrs and up	Jan 23	Sun	9:00 am
Act#: 1990	Jan-H	6 yrs and up	Jan 23	Sun	10:00 am
Act#: 1990	Jan-I	6 yrs and up	Jan 30	Sun	9:00 am
Act#: 1990	Jan-J	6 yrs and up	Jan 30	Sun	10:00 am

FEBRUARY

Act#: 1990	Feb-A	6 yrs and up	Feb 6	Sun	9:00 am
Act#: 1990	Feb-B	6 yrs and up	Feb 6	Sun	10:00 am
Act#: 1990	Feb-C	6 yrs and up	Feb 13	Sun	9:00 am
Act#: 1990	Feb-D	6 yrs and up	Feb 13	Sun	10:00 am
Act#: 1990	Feb-E	6 yrs and up	Feb 20	Sun	9:00 am
Act#: 1990	Feb-F	6 yrs and up	Feb 20	Sun	10:00 am
Act#: 1990	Feb-G	6 yrs and up	Feb 27	Sun	9:00 am
Act#: 1990	Feb-H	6 yrs and up	Feb 27	Sun	10:00 am

If a class is cancelled due to weather or other circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants at the next available date.

**IF YOU MISS A CLASS FOR ANY REASON,
THERE ARE NO MAKE UP SESSIONS.**

TEEN ACTIVITIES & EXCURSIONS

S.W.A.G.

Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the Students Working & Advising for Government (S.W.A.G.). Let your voice be heard! Help plan teen activities and excursions, be a part of the Lfteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For More Info Call: 461-3446 or e-mail charris@lakeforestca.gov.

To Register: Please submit a S.W.A.G. (Students Working & Advising for Government) application available at the Lake Forest Community Center or via the www.lfteens.com website.

Teens	Dec 1	Wed	6:00-7:00 pm
Teens	Dec 16	Thu	6:00-7:00 pm
Teens	Jan 5	Wed	6:00-7:00 pm
Teens	Jan 20	Thu	6:00-7:00 pm
Teens	Feb 2	Wed	6:00-7:00 pm
Teens	Feb 17	Thu	6:00-7:00 pm

Snow Summit

What better way to spend a day off from school than carvin' up some of Southern California's freshest powder at Snow Summit in Big Bear. This trip will include transportation, lift tickets, lunch, and all the snowy slopes you can handle. What are you waiting for? Sign up today and we'll see you on top of the mountain.

Fee: \$60 per participant

Departure Location: Lake Forest Community Center
(25550 Commercentre Drive)

For more info call: 461-3446 or e-mail charris@lakeforestca.gov.

Registration Deadline: Monday, February 7

Act #: 1876 Teens Feb 18 Fri 6:00 am-9:00 pm

**Did you know you can
register for classes
and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreconline and you'll be on your way!

COMMUNITY SERVICES

Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at www.lakeforestca.gov under Police Services or by calling 461-3530.

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going Mon-Thu 8:00 am-6:00 pm

Become a Lake Forest Police Explorer!

The Orange County Sheriff's Department (OCSD) Explorer program has several divisions throughout Orange County. The qualifications to become an Explorer are:



- Must be 14 1/2- 20 years old
- Must be out of middle school
- Good standing with school officials
- No previous criminal record
- A minimum 2.0 grade point average

The Explorers assist Lake Forest Police Services with special events, DUI/Driver's License checkpoints, child fingerprinting, traffic control, clerical work, training, natural disasters, Search & Rescue, and the lost child booth at the Orange County Fair. After Explorers graduate from a 5 day academy, they become eligible for patrol ride-alongs, training in police services and tactics, and compete in national Explorer competitions. For more information, please call 461-3545.

SAVE THE DATE

- * Holiday Family Fun Day
- * Saturday, December 11
- * 10 am-1 pm
- * South Orange County Family Resource Center
- * 23832 Rockfield Blvd., Ste. 270
- * For more info call 364-0500

Free admission!
Activities and
goodies galore!

2010/2011 SCHOOL YEAR

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: 461-3446 or
via e-mail at charris@lakeforestca.gov

To Register: Pick up a registration packet at the
Serrano or Los Alisos Middle School offices
or at the Lake Forest Community Center.

Act #:1588 Teens Sep 13-Jun 21 Mon-Thu 3:30-6:00 pm
(excluding school holidays)

THE Lounge



**The Lounge will be closed
for Winter Break from
December 20-December 31**

SENIOR PROGRAMS

SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday thru Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. Reservations and cancellations must be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.

Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).

Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS, and are in a frail medical condition, which creates a hardship, may be granted a waiver and be allowed to use the SNEMT Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.



Senior Scene - A Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info: Call the City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors	On-going	Mon-Thu	10:00 am- 2:00 pm
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Please Note: The Senior Scene Clubhouse will be closed on the following dates: Thursday, November 11, Thursday, November 25, and Monday, February 21.



THURSDAYS

10:30 am: Bingo

12:00 pm: Hot Lunch

Drop-In Computer Lab Hours

Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times. Days and times are subject to change.**

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors	On-going	Mon	10:00 am-2:00 pm
Seniors	On-going	Wed	10:00 am-2:00 pm
Seniors	On-going	Thu	11:00 am-2:00 pm

Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! **Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!**



Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Knotty Knitters



An informal group aka Knotty Knitters gets together on Wednesdays at the Senior Scene Clubhouse with their knitting or needlepoint projects...they knit a little and laugh a lot! No need to sign-up – just drop in!

Fee: Free

Location: Lake Forest Community Center
(25550 Commercentre Dr)

Seniors Ongoing Wed 10:00 am-12:00 pm

Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month and discusses fiction and non-fiction books they've read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Future books to be discussed and dates:

Dec 16	Thu	<i>Careful Use of Compliments</i> A. McCall Smith (book provided)
Jan 13	Thu	Run Ann Patchett (book provided)
Feb 17	Thu	<i>The Girl With The Dragon Tattoo</i> Stieg Larsson (book provided)

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

Appointments are available from 10:00 am-2:00 pm on the *second Tuesday* of the month (November 9, December 14, and January 11, 2011).

**TO MAKE AN APPOINTMENT, PLEASE
CALL 461-3408 AND LEAVE YOUR
NAME AND PHONE NUMBER.**

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday thru Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday thru Thursday from 10:00 am to 2:00 pm.

Call For Nominations!

The City of Lake Forest is planning its Sixth Annual Excellence for Seniors Award Luncheon. The Excellence for Seniors Awards will honor those who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The City of Lake Forest is accepting nominations for the individual who has made the largest impact on the City of Lake Forest's senior programs and/or facilities during 2010, upholding our mission statement, **Recognizing outstanding contributions made on behalf of Lake Forest Seniors!** The Sax Award will honor the selected individual and will be given annually as we seek to recognize these outstanding efforts.



2009 Jim Sax Award Recipient
Robert McKinna

To make a nomination, you will need to fill out a nomination application of your nominee's accomplishments (i.e. donation of time or needed items, hands-on involvement, etc.) with an emphasis on special efforts or achievements of the individual you believe deserves to be recognized with the prestigious Sax Award.

Applications and statements are due by Friday, February 25, 2011. Please note, a nominee is not selected based on total number of votes. A recipient who has won cannot win in consecutive years but can be nominated and considered after three years of receiving the first Jim Sax Award. A panel of judges (Mayor, Mayor Pro-Tem, Planning Commissioners Chair and Co-Chair, and Parks & Recreation Commissioners Chair and Co-Chair) will review all nominations.

Please call 461-3450 to request an application or additional information or download an application from the City's website at www.lakeforestca.gov.

Current Elected City Officials, Appointed City Officials and City Staff are not eligible for participation.



Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks and a weekly putting contest.

Fee: Lake Forest Senior residents \$53; Non-residents - \$78

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 588-0917

Session 46: Registration for Session 46 on Thu, Jan 6 only
Seniors Jan 6-Feb 10 Tue or Thu only 7:45-8:15 am tee times

Session 47: Registration for Session 47 on Thu, Feb 24 only
Seniors Feb 24-Mar 31 Tue or Thu only 7:45-8:15 am tee times

Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, please bring an insulated cooler.**



Fee: A \$4.00 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info or to register call:
The City of Lake Forest at 461-3445

Seniors	On-going	Mon-Wed	11:30 am
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Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register: Call Forest Lanes at 770-0055

Seniors On-Going Fri 1:00-3:30 pm

AARP Tax-Aide-Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! **Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).**

Fee: Free

Location: Lake Forest Community Center, 25550 Commercentre Drive, Lake Forest (corner of Bake Parkway and Commercentre Dr) in the Community Center's Activities Room.

Appointments can be scheduled beginning Monday, January 10. Call 461-3408.

**Mondays: Feb 7- Apr 11 (closed Feb 21)
10:00 am-1:00 pm**

**Wednesdays Feb 23- Apr 13 (tentative schedule)
10:00 am-12:00 pm**

What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of last year's income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions



Holiday Caroling Concerts

Southern California's premiere caroling ensemble, *The Charles Dickens Carolers* will be spreading holiday cheer at several locations throughout Lake Forest. Their international repertoire of novelty holiday arrangements is sure to get you in the holiday spirit. Fee: Free

For more info call: The City of Lake Forest at 461-3450

All Ages Dec 16 see times & locations listed below

Location: Forest Gardens Mobile Home Community
(24001 Muirlands Blvd) – 10:00 am

Freedom Village- Main Lobby
(23442 El Toro Rd) – 11:00 am

Lake Forest Community Center
(25550 Commercentre) – 1:00 pm

El Toro Mobile Estates
(24921 Muirlands Blvd) – 2:15 pm

Prothero Mobile Estates
(24701 Raymond Way) – 3:00 pm

White Elephant Exchange & Holiday Luncheon

You ask "What is a White Elephant Exchange?" First and foremost...no four-legged white elephants will be attending the luncheon...however, we want you to bring something that you may love to get rid of or shall we say "exchange."

What makes this so fun is that you do not have to go shopping! Just go through your garage, closet or drawers and bring that "special" something to the luncheon all wrapped up in a brown paper bag. How much easier can it get? Be ready to play a great game with these one-of-a-kind gifts. We'll provide a scrumptious lunch for all to enjoy!

DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents can register for the White Elephant Luncheon beginning Monday, November 8, by calling 461-3450 or coming to the 2nd floor reception desk during normal business hours. (Non-residents can register beginning Monday, November 15.) Each registrant will be limited to reserving two seats ONLY.

Fee: Free

Location: Senior Scene Clubhouse (25550 Commercentre Dr.)

Act # 1896 Seniors Dec 16 Thu 11:00 am-2:00 pm

(The White Elephant Exchange will begin at 11:00 am, lunch at 12:00 pm, and at 1:00 pm, The Charles Dickens Carolers will perform.)



Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277
 ACCESS (Reservations/Information). .877-628-2232
 ACCESS (Eligibility)714-560-5956
 Age Well Senior Services, Inc. 855-8033
 (formerly South County Senior Services)
 Caregiving Resource Directory888-721-9797
 City of Lake Forest City Hall 461-3400
 Council on Aging714-479-0107
 Disabled Housing Information.714-567-7500
 Elder/Disabled Adult Abuse.....800-451-5155
 HiCap Services800-434-0222
 Human Services Information.....2-1-1
 Irvine Valley College/Emeritus 451-5382
 Meals on Wheels..... 855-8033
 Medicare Fraud Hotline.....800-447-8477
 OCTA (Transportation).....800-636-7433
 Office on Aging.....800-510-2020
 Orange Caregiver Resource Center. .800-543-8312



Lights! Camera! Action! Dinner Dance

You "oughta" be in movies...so come dressed up as your favorite actor/actress or character from a movie! Hmmm...which actor spoke that famous line "Frankly my dear, I don't give ????" Well fill in the blank...you know where I'm going with this! Now don't forget about animation (Mickey, Minnie, Scooby Doo). The red carpet will be waiting for you! We'll have a "reel" good time figuring out who you are...except of course if you come as "something" from Jurassic Park. All participants will receive ONE opportunity ticket! When you come dressed up, you'll receive FIVE additional tickets. Enjoy a fabulous premier catered dinner with dancing to follow! Here's lookin' at you kid...see ya at the movies!

Fee: \$7.00 per person

Location: Lake Forest Community Center
 (25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1903 Seniors Feb 4 Fri 4:00-7:00 pm

Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreconline and you'll be on your way!

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you.

Tickets that are purchased for City of Lake Forest Excursions are non-transferable.

Viejas Casino & Outlet Center – Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet along with \$5.00 off in the Harvest Buffet or any purchase at Daisy's Café or Far East Winds).

Fee: \$15.00 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1904 Adults/Seniors Dec 14 Tue 9:00 am-6:00 pm

"The Doctors" Live TV Taping at CBS Studios & Lunch at Farmer's Market (Los Angeles)

You will be in the audience watching a "live" taping at CBS Studios of "The Doctors." "The Doctors" TV show does for health care what Dr. Phil has done for down-to-earth discussions of emotional and psychological issues. The series' doctors are five top practicing professionals, each with a different specialty. "The Doctors" covers a broad range of subjects and the show features on-set medical procedures, either in front of the studio audience or in its backstage examining room and off-site "house calls." Before the taping you will enjoy lunch on your own at the infamous Farmer's Market.

Fee: \$10 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1909 Adults/Seniors Jan 28 Fri 10:00 am-6:30 pm

Dodger Stadium Behind-the-Scenes Tour & Lunch at Philippe's (Los Angeles)



Located in Chavez Ravine, Dodger Stadium is one of Southern California's most treasured landmarks and one of baseball's most historic stadiums. Upon arrival at the stadium, a guide will take you on "The Championship Tour" giving you an opportunity to view Dodger Stadium in a way only players do. This "behind-the-scene" tour lets fans visit restricted areas and view the ballpark from a whole new perspective. Highlights of this 90-minute tour include viewing a Dodger history video, visits to the Dodger Dugout and Dugout Club, the Press Box, access to the field, and the Tommy LaSorda Training Center. At the conclusion of the tour, you'll head to downtown L.A. for lunch at one of the city's most popular restaurants, Philippe The Original. Established in 1908, Philippe's claims the distinction of having created the "French Dipped Sandwich." Each participant will receive a voucher for their choice of sandwich, salad, coffee, iced tea, lemonade or soda, and a slice of pie or cheesecake.

Fee: \$58 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:1910 Adults/Seniors Feb 23 Wed 9:30 am-5:00 pm



2011 Rose Parade: "Building Dreams, Friendships & Memories"

The 122nd Rose Parade is themed *Building Dreams, Friendships & Memories!* This world-famous parade features spirited marching bands from throughout the nation, majestic floral floats, and high-stepping equestrian units. We have great grandstand seats at 1350 E. Colorado Boulevard, reserved just for you. Excursion includes grandstand tickets, luxury coach transportation, breakfast treats, boxed lunch, and snacks. **Bus leaves promptly at 6:00 am.**

Fee: \$99.00 per person

Departure Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail, In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1902 Families Jan 1 Sat 6:00 am-2:00 pm

SENIOR EMERITUS CLASSES

through Irvine
Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

REGISTRATION FOR SENIOR EMERITUS CLASSES ONLY

To register for the Emeritus Classes
the following options are available.

On-Line Registration log onto www.123getsmart.com.

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select class category (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the Class Course Number for the section you want
- Click the "Add" button
- Click on "Create New Account" (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information.
- Choose the button to continue Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

Phone Registration

- Call 949-451-5555 Monday thru Friday 9:00 am-5:00 pm

Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC:

- 949-451-5270

DON'T MISS OUT! EMERITUS CLASS WINTER ENROLLMENT

A representative from Irvine Valley College will be on-site at the Senior Scene Clubhouse in the Activities Room (25550 Commercentre Dr., Lake Forest) on Thursday, December 2 from 11:30 am-1:00 pm.

Computers

Digital Photo Imaging

Learn to use software to fix common flaws in photographs. We will spend time learning how to import and organize our digital photo collection, crop out unwanted area of our pictures, fix flash red-eye, straighten crooked pictures, and after the color or lighting of selected objects, remove dust and scratches, and remove or duplicate objects within a picture. Methods and ideas for sharing and archiving photos (digitally and in print) and common problems will be discussed. This class requires strong mousing skills and good knowledge of maneuvering in Windows (using the task bar to switch applications, retrieving or saving a document to a designated place, etc.). Owning a digital camera is not required. **Students will need to provide their own method of data storage (USB drive or blank CDs).**

Fee: \$26

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Telephone registration call IVC at 451-5382

Tic#: 65365L Seniors Jan 11-Mar 8 Tue 9:00-10:30 am

Basics of Excel

This hands-on class using Microsoft Excel 2003 is for experienced computer users. Use this software to learn how to enter data in rows and columns; format both text and numerical data; create simple formulas to add, subtract, multiply and divide; move and copy data and formulas; use Functions (pre-designed, built-in formulas); create 3-dimensional formulas involving several worksheets. Projects might include creating a simple budget, a spending diary, an address book, on-line banking and more. Recommended prerequisite: Intro to PCs or equivalent.

Fee: \$26

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Telephone registration call IVC at 451-5382

Tic#: 65365 Seniors Jan 11-Mar 8 Tue 10:30 am-12:00 pm

PLEASE NOTE:

You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

Intro to Word

This hands-on class for those with basic PC knowledge who want to know more about Microsoft Word. Topics include entering text; word wrap; cursor movement; editing and inserting text; saving, closing and opening files; displaying formatting marks; changing fonts; sizes and colors; applying text effects such as underline, bold, italics and highlighting; controlling paragraph alignment and line spacing; sorting data in a table; using tabs and indents; creating numbered and bulleted lists.

Fee: \$26

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Telephone registration call IVC at 451-5382

Tic#: 65355 Seniors Jan 11-Mar 8 Tue 12:00-1:30 pm

Intro to Internet & E-mail

Topics include commonly used terms; hardware and software needed for connection to the Internet; programs (called “search engines”) available to help you find what you are looking for; various search techniques; commonly used website components such as links and navigation tools; copying information from the Internet for personal use; printing from the Internet; bookmarking your favorite websites; shopping on-line; security (including your personal information as well as your credit card data); and using an electronic mail program (set-up an e-mail account sending and retrieving e-mail messages, and sending attachments (letters and photos).

Fee: \$26.00

Location: Lake Forest Community Center – Training Room
(25550 Commercentre Dr)

To Register: Telephone registration call IVC at 451-5382

Tic# 65390 Seniors Jan 13-Mar 10 Thu 9:30-11:00 am

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 3000 Seniors Feb 10- May 5 Thu 10:00-11:30 am

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$20.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2991 Seniors Feb 8-May 3 Tue 12:30-2:00 pm

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 3019 Seniors Feb 8- May 3 Tue 10:00-11:30 am

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555

Tic#: 2966 Seniors Feb 8- May 3 Tue 2:00-3:30 pm

Tic#: 2963 Seniors Feb 10-May 5 Thu 2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$36.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 3054 Seniors Feb 9-May 4 Wed 1:00-2:30 pm

Tai Chi Ch'uan

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure, and increase vitality with Tai Chi. Learn Tai Chi movements, self-massage acupressure, and the philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 3051 Seniors Feb 9-May 4 Wed 9:00-10:30 am

Tai Chi Ch'uan - Advanced

This class is an advanced class for students Guang Peng Yang Tai Chi. "Yang style Tai Chi Ch'uan stances are lower and wider than Yang Style but not as pronounced as Chen Style.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 3052 Seniors Feb 9-May 4 Wed 10:30 am -12:00 pm

Enrichment

Creative Needlepoint/Needle Arts

Develop your skills in needlepoint, knitting and crochet at all levels. Focus on your ability to master the terminology, stitches, and techniques of each needle craft at the student's level. Beginners are welcome!

Fee: \$25.00

Location: Santiago de Compostela Church Community Center
(21682 Lake Forest Dr)

To register by phone: Call IVC at 451-5555

Tic#: 2988 Seniors Jan 13- May 19 Thu 9:00-11:00 am

Advanced Creative Writing

An advanced level creative writing class for older adults. Writing from Life & Personal History is featured. This course is not graded.

Fee: \$26.00

Location: El Toro Library (24672 Raymond Way)

To register by phone: Call IVC at 451-5555

Tic#: 65415 Seniors Jan 10- May 16 Mon 1:00-3:50 pm

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

RECREATION CLASSES

Preschool Programs



Frosty the Snowman Preschool Party!



Frosty the Snowman comes to life at this preschool party! We invite all boys and girls with jolly happy souls to come help us put on Frosty's old silk hat and his button nose. We'll sing songs, play games, and make a craft at this party. And while we tell the story of Frosty, everyone will enjoy some chocolate milk and a cookie for a snack. Parent participation is recommended for this class.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act# 1905 2-5 yrs Dec 10 Fri 10:00-11:00 am

"I Love Dr. Seuss" Preschool Class



Does your child like green eggs and ham? What about a cat in the hat? Well then the place they should go is to Dr. Seuss's preschool class! Each class will be dedicated to one of Dr. Seuss's delightful books. In this class, we will sing songs, make crafts, play games, and enjoy a delicious snack. So parents, take that wocket out of your pocket, put your fox in socks and bring your child to find out How the Grinch Stole Christmas! Parent participation is recommended for this class.

Fee: \$30 per person – Resident
\$35 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act# 1907 2-5 yrs Jan 7-28 Fri 10:00-11:00 am

Groundhog Day Preschool Party

Is it time for spring or are there 6 more weeks of winter left? Only Phil the Groundhog can tell us! We invite you and your child to join us at this Groundhog Day preschool party to find out the news. We'll sing songs, play games, enjoy a snack, and make our very own groundhog while we wait for Phil. Let's hope there's no shadow! Parent participation is recommended for this class.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act# 1908 2-5 yrs Feb 4 Fri 10:00-11:00 am



Queen of Hearts Preschool Party

We invite all boys and girls to come join the Queen of Hearts and celebrate Valentine's Day! We'll decorate heart cookies, sing songs, play games, and make valentines...out of hearts of course! Our young friends will enjoy everything they love about Valentine's Day at this party. Parent participation is recommended for this class.

Fee: \$10 per person – Resident
\$15 per person – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act# 1906 2-5 yrs Feb 18 Fri 10:00-11:00 am

NON-RESIDENT FEE

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Winter Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Youth

Parent & Me Princess Ballet and Dance

Does your little one dream of being a Princess? If so, this is the class for her! The princess ballet series is an introduction to the fundamentals of ballet and creative movement with an element of fun and fantasy. With a little help from mom/caretaker, children use props, dress in princess attire, make princess crafts, have princess story time, dance to classical fairy tale music, and much more. Each session features a different princess and the instructor will provide princess attire and props. Parent participation is required. *For more information on Orange County Dance Productions classes, please visit OCDanceProductions.com.*

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$55 per Parent and Child couple – Resident
\$60 per Parent and Child couple – Non-Resident
(5 week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1872 1 ½ -3 yrs Jan 10-Feb 28* Mon 10:00-10:45 am
*No class 1/17, 2/14 and 2/21

Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Princesses will perform their new routines for family and friends on the last day of class. Each session consists of different featured princesses and crafts. Some parent participation is required. *For more information on Orange County Dance Productions classes please visit OCDanceProductions.com.* Participants should wear leotards, tights and ballet shoes.

Instructor: Tiffany Esmond, OC Dance Productions

Fees: \$55 per Parent and Child Couple – Resident
\$60 per Parent and Child Couple – Non-Resident
(5 week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1871 3-5 yrs Jan 10-Feb 28 Mon 9:00-9:45 am
*No class 1/17, 2/14 and 2/21

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 31-32 for more info.



TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple – Resident
\$64 per Parent and Child couple – Non-Resident
(6 week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1884	2-3 yrs	Jan 21-Feb 25	Fri	10:00-10:30 am
Act#: 1878	3-5 yrs	Jan 21-Feb 25	Fri	10:30-11:00 am

TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple – Resident
\$64 per Parent and Child couple – Non-Resident
(6 week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1879	3-5 yrs	Jan 22-Feb 26	Sat	9:00-9:45 am
Act#: 1885	2-3 yrs	Jan 22-Feb 26	Sat	10:00-10:30 am

NON-RESIDENT FEE

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Winter Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6 week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1883	3-5 yrs	Jan 21-Feb 25	Fri	3:00-3:45 pm
Act#: 1877	5-7 yrs	Jan 21-Feb 25	Fri	4:00-4:45 pm

TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6 week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1882	3-5 yrs	Jan 18-Feb 22	Tue	3:00-3:45 pm
Act#: 1881	5-7 yrs	Jan 18-Feb 22	Tue	4:00-4:45 pm

TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6 week session)

Location: Foothill Ranch Community Park

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1880	3-5 yrs	Jan 22-Feb 26	Sat	10:30-11:15 am
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Stroller Strides



In just 1 hour you will get a complete workout from head to toe that will leave you feeling energized and looking fit. Classes are taught by certified instructors and are designed for all fitness levels. Through a combination of resistance training and cardio you can get a great workout without leaving your child in a gym day care. Participants should bring water and a mat or towel to all class meetings. **Free demo class will be held on Tuesday, November 23 at 9:30 am.**

Instructor: Julie Freeman

Fee: \$75 – Resident
\$80 – Non-Resident
(6 week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 1997 Nov 30- Jan 6 Tue/Thur 9:30-10:30 am
Act#: 1998 Jan 11-Feb 17 Tue/Thur 9:30-10:30 am

Alphabet Soup



Alphabet Soup is a fun, developmentally appropriate reading program that teaches phonemic awareness, phonics and reading. The program uses games, puppets, puzzles, movement, songs, alphabet blocks, and arts and crafts.

Instructor: Iona Pally

Fee: \$75 – Resident
\$80 – Non-Resident
(6 week session)

Materials Fee: An additional material fee of \$25 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 1999 3 ½ -6 yrs Dec 4-Jan 22* Sat 11:15 am-12:00 pm
Act#: 2000 3 ½ -6 yrs Jan 29-Mar 5 Sat 11:15 am-12:00 pm
*No class on 12/25 and 1/1

My Little Zoo

This class is full of fun and imagination! Join us as we create all kinds of animals using paint, clay, paper, fabric and more. We will read a short story and then create pieces of art such as bunnies surrounded by colorful gardens, a clay cave with a bear to tame and so much more! All art supplies and aprons are provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(6 week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1886 3-5 yrs Jan 12-Feb 16 Wed 9:45-10:30 am



Parent & Tot Art Time

Come explore a variety of art materials and fire up your little one's imagination in this interactive art class. Hands-on projects will include painting, drawing, printmaking, clay sculpture and much more! Parents will surely enjoy spending creative time with their little artists in this fun and unique course. All materials and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – for parent and child – Resident
\$70 – for parent and child – Non-Resident
(6 week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1887 3-5 yrs Jan 13-Feb 17 Thu 10:00-10:45 am

Parent & Me Ceramics

Roll, pinch and pound! Come and enjoy some creative time with your little one. Your young artist will enjoy a tactile experience with clay as we hand build playful projects step-by-step. A new project will be completed each week. All pieces will be glazed and fired and aprons will be provided. Parent participation is required.

Instructor: My Art Studio – Lucia Henry

Fee: \$69 – for parent and child-Resident
\$74 – for parent and child-Non-Resident
(6 week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 1888 3-5 yrs Jan 13-Feb 17 Thu 11:15-12:00 pm
Act#: 1889 3-5 yrs Feb 23-Mar 30 Wed 2:15-3:00 pm

Discover Ceramics

Have a blast learning how to turn clay into wonderful creatures and other fun creations. We will hand build each piece and learn techniques such as coiling, scoring and slab, and decorate them all with under-glazes. Different projects will be completed each week. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$71 – Resident
\$76 – Non-Resident
(6 week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 1890 6-12 yrs Feb 23-Mar 30 Wed 3:30-4:45 pm

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Monday, January 10 at 4:15pm and Tuesday, January 11 at 10:00 am, please RSVP 350-0985.**



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$135 – Resident
\$140 – Non-Resident
(10 week session.) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes: 2 CD's, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1911	Jan 24-Apr 11*	Mon	4:15-5:00 pm
Act#: 1912	Jan 18-Mar 15	Tue	9:15-10:00 am
Act#: 1913	Jan 18-Mar 15	Tue	10:15-11:00 am

***No class 2/21**

Orff Music Classes



This program provides an internationally recognized approach to music education developed by composer Carl Orff. Ear training, sight reading, notation and rhythmic abilities are all developed through speech, movement, songs, games and poetry. Participants will learn to play Orff instruments, such as xylophones, metalophones and glockenspiels. Improvisation, creativity, and well-rounded musicianship are all encouraged in this one of a kind music development course. **Free demo class on Monday, January 10 at 3:15 pm, please RSVP 350-0985.**

Instructor: Elena Salisbury

Fee: \$110.00 – Resident
\$115.00 – Non-Resident
(8 week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1956	4-7 yrs	Jan 24-Mar 28*	Mon	3:15-4:00 pm
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*** No class 2/21**

Be sure to pre-register for our classes and programs. For more info see page 31.

Theater Games

Young thespians can enhance thinking skills, creativity, self-confidence, poise and expression while learning acting techniques for stage and television. Students will be involved in storytelling, pantomime, auditioning, skit performance and acting for television commercials. A tape of the students' work in class will be shown to an agent for possible representation.



Instructor: Tara Meyer – Acting Express Production Staff

Fee: \$59 – Resident
\$64 – Non-Resident
(4 week session)

Material Fee: \$3 due to instructor during first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1914 8-14 yrs Feb 7-Mar 7 Mon 4:00-5:30 pm

Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8 week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1916 3-7 yrs Jan 8-Feb 26 Sat 9:30-10:30 am

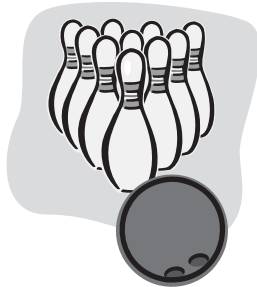
Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreconline and you'll be on your way!

Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes and a certified bowling instructor are provided during the class.



Instructor: Treesa Spencer

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(8 week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1917 8-17 yrs Jan 8-Feb 26 Sat 9:30-10:30 am

Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a **15-student limit** for this class. Ages 5 to 15 may attend. www.laukunedo.com

Instructors: Tai Weidmann and Mathew Carver

Fee: \$80 per participant – Resident
\$85 per participant – Non-Resident
(4 week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207)

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1918	5-9 yrs	Jan 3-Jan 26	Mon/Wed	3:00-4:00 pm
Act#: 1919	5-9 yrs	Jan 4-Jan 27	Tue/Thu	4:00-5:00 pm
Act#: 1920	10-15 yrs	Jan 3-Jan 26	Mon/Wed	4:00-5:00 pm
Act#: 1921	10-15 yrs	Jan 4-Jan 27	Tue/Thu	3:00-4:00 pm

NON-RESIDENT FEE

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Winter Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Introduction to Junior Golf Academy



Come join us for an introduction into our year-round Junior Golf Academy. We teach the game of golf in a fun and safe environment. This course is designed to let your junior progress at their own pace, combining golf and sportsmanship skills.

Instructor: Brian Konrath and John Burkholder – Lake Forest Golf and Practice Center staff

Fee: \$39 – Resident
\$44 – Non-Resident
(1 time session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1961	7-17 yrs	Jan 8	Sat	1:30-3:00pm
Act#: 1962	7-17 yrs	Jan 22	Sat	1:30-3:00pm
Act#: 1963	7-17 yrs	Feb 5	Sat	1:30-3:00pm
Act#: 1964	7-17 yrs	Feb 19	Sat	1:30-3:00pm

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee \$95 per participant – Resident
\$100 per participant – Non-Resident
(8 week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes –
Pittsford Park (21701 Pittsford Dr)
Wednesday classes –
Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1922	3-5 yrs	Jan 10-Feb 28	Mon	3:30-4:30 pm
Act#: 1923	6-7 yrs	Jan 10-Feb 28	Mon	4:30-5:30 pm
Act#: 1924	8-12 yrs	Jan 10-Feb 28	Mon	5:30-6:30 pm
Act#: 1925	3-5 yrs	Jan 12-Mar 2	Wed	3:30-4:30 pm
Act#: 1926	6-7 yrs	Jan 12-Mar 2	Wed	4:30-5:30 pm
Act#: 1927	8-12 yrs	Jan 12-Mar 2	Wed	5:30-6:30 pm



Family

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$95 – Resident
\$100 – Non-Resident
(5 week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1928 Families Feb 16-Mar 16 Wed 5:00-6:00 pm

Dog Obedience classes will resume in Spring 2011.

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter that will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.).** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1929 10-Adult Feb 12 Sat 10:00 am-5:00 pm

Did you know you can register for classes and programs 24/7?



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreonline and you'll be on your way!

CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. **(Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1930	10-Adult	Jan 12	Wed	7:00-9:45 pm
Act#: 1931	10-Adult	Feb 12	Sat	12:30-3:00 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for three years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free **(Pre-registration is required for this course and space is limited)**

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1933 10-Adult Feb 12 Sat 3:00-5:00 pm

NON-RESIDENT FEE

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Winter Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Adult

Introduction to Golf



Come learn the fundamentals for full swing and short game technique in a supportive and relaxed atmosphere that puts an emphasis on having fun.

Instructor: Brian Konrath and John Burkholder – Lake Forest Golf and Practice Center staff

Fee: \$39 – Resident
\$44 – Non-Resident
(1 time session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1957	Adult	Jan 8	Sat	12:00-1:30 pm
Act#: 1958	Adult	Jan 22	Sat	12:00-1:30 pm
Act#: 1959	Adult	Feb 5	Sat	12:00-1:30 pm
Act#: 1960	Adult	Feb 19	Sat	12:00-1:30 pm

Floral Design Workshops

Learn how to create artistic flower arrangements like a professional designer. These classes focus on basic floral design skills along with an introduction to design tools, flower descriptions and seasonal availability. Each student will create a beautiful flower arrangement using colors and flowers of the season. Students need to bring floral shears, wire cutters and scissors to class. Each workshop focuses on a different aspect of floral design. Note: The flower arrangements retail for approximately \$85.00 and will be taken home by the students.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident
\$35 – Non-Resident
(1 day workshop)

Materials Fee: An additional cash-only materials fee of \$35 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1934	Basic Design	Adult	Dec 15	Wed	6:00-8:00 pm
Act#: 1935	Intermediate Design	Adult	Dec 29	Wed	6:00-8:00 pm
Act#: 1936	Wedding Bouquet	Adult	Jan 12	Wed	6:00-8:00 pm
Act#: 1937	Wedding Center Piece	Adult	Jan 26	Wed	6:00-8:00 pm
Act#: 1938	Party Design	Adult	Feb 9	Wed	6:00-8:00 pm

Three easy ways to register:
on-line, mail-in or walk-in!
Turn to pages 31-32 for more info.

Yoga Booty Ballet

Come see what the hype is about! The YBB phenomenon started in LA, moved to DVD, and is now available to you! This LA workout for the “new millennium” is a fun, spirited way to get a great workout the Hollywood way. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength training of ballet movements. This class will help create the long and lean muscles of a dancer while promoting weight loss, improving strength, conditioning, and overall wellness of body and mind. Participants should bring a yoga mat and water to class. **Free demo class will be held on Monday, January 10th at 6:30 pm. To register for demo class, please call 714-389-1933 as space is limited.**

Instructor: Kim Esmond, OC Dance Productions

Fee: \$72 – Resident
\$77 – Non-Resident
(6 week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1940 18 & up Jan 24-Mar 7* Mon 6:30-7:30 pm
*No class 2/21

Drums of Africa

This unique course is an introduction to the West African djembe ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$64 – Resident
\$69 – Non-Resident
(5-week sessions)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1991 18 & up Dec 6-Jan 10 * Mon 6:00-7:15 pm
Act#: 1992 18 & up Jan 24-Feb 28** Mon 6:00-7:15 pm
*No class 12/27 **No class 1/17, 2/21

NON-RESIDENT FEE

Please note that the non-resident fee of \$5 is now in effect for certain City of Lake Forest recreation classes. Where applicable within our Winter Leisure Times, this fee is calculated into the cost of the class. If you are a non-resident, please review your program registration carefully and be sure to submit the correct fee for enrollment.

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1954 Adult Beginning Jan 8-Feb 5 Sat 10:00-11:00am
Act#: 1955 Adult Intermediate Jan 8-Feb 5 Sat 11:00-12:00pm

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 1947 16 yrs & up Jan 15-Mar 5 Beg Sat 9:00-10:00 am
Act#: 1948 16 yrs & up Jan 15-Mar 5 Int Sat 10:00-11:00 am

**Did you know you can
register for classes
and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreconline and you'll be on your way!

Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system that can save people's lives. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. **Free demo classes will be held on Monday, December 13 at 7:00 pm and Tuesday, December 14th at 6:00 pm. To register for demo class, please call 351-8493 as space is limited.**

In order to insure quality instruction and comfort, there is a **15-student limit** for this class. CLASSES MEET TWICE A WEEK.

Instructors: Mathew Carver and Paul Bennett

Fee: \$100.00 per participant – Resident
\$105.00 per participant – Non-Resident
(4-week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1941 Adult Jan 3-Jan 26 Mon/Wed 10:00 -11:00 am
Act#: 1942 Adult Jan 3-Jan 26 Mon/Wed 7:00-8:00 pm
Act#: 1943 Adult Jan 4-Jan 27 Tue/Thu 6:00-7:00 pm

Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class. **Free demo classes will be held on Monday, December 13 at 6:00 pm and Tuesday, December 14 at 7:00 pm. To register for demo class, please call 351-8493 as space is limited.**

Instructors: Mathew Carver

Fee: \$100.00 – Resident
\$105.00 – Non-Resident
(4 week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St #207) www.laukunedo.com

To Register: On-line, Mail In, Walk-In

For more info call: Lau Kune Do Temple of Martial Arts at 351-8493

Act#: 1944 Adult Jan 3-Jan 26 Mon/Wed 6:00-7:00 pm
Act#: 1945 Adult Jan 3-Jan 26 Mon/Wed 9:00-10:00 am
Act#: 1946 Adult Jan 4-Jan 27 Tue/Thu 7:00-8:00 pm

SPECIAL NEEDS

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

us too gymnastics, inc.
For kids who need a little extra help

Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3 – 5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident
\$130 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 1949 Walking-12 yrs Mommy& Me On-going Tue 4:00-4:45 pm

Act#: 1950 Walking-12 yrs Beg On-going Mon 3:00-3:45 pm

Act#: 1951 Walking-12 yrs Int On-going Thu 5:00-5:45 pm

Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month – Resident
\$65 per session/\$260 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 1952 7-11 yrs On-going Fri 5:00-6:00 pm

Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident
\$50 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 1953 All Ages Ongoing Sat 10:00-10:30 am

What Is “Hot Hoops” Basketball?



Presented through National Junior Basketball, “Hot Hoops” is a basketball program for kids ages 6-21+ with special needs

- January 9-February 27
- 7 Clinic/Game Sessions
- 9-10 am and 10-11 am
- \$50 Enrollment Fee
- Court Location: Dana Point Community Center

For more info, email Darrell J. Burnett, Ph.D. at funagain@pacbell.net or call at 495-3444





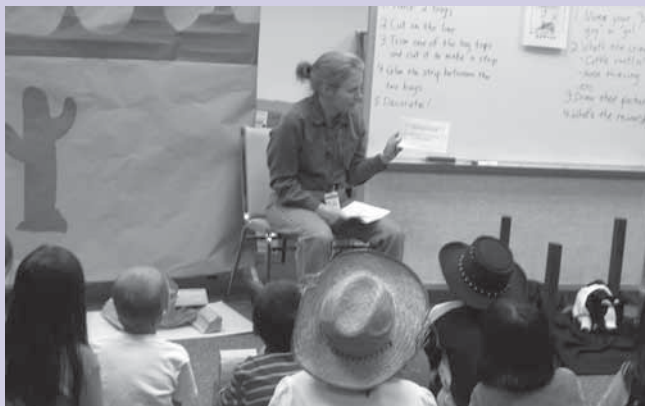
Winter 2010/11 Programs

El Toro Branch Library

24672 Raymond Way • 855-8173

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the El Toro Library



CHILDREN'S PROGRAMS

Toddler Time:

Babies ages 0-3 and their caregivers are invited to join us for a 30-minute program featuring songs, stories, rhymes and playtime for the youngest book lovers. Mondays, January 3, 10, 24, 31, and February 7, 14, & 28 beginning at 10:00 a.m. in the Community Room.

Preschool Storytime:

Children ages 3-5 may come to a 30-minute storytime full of rhymes, stories, finger plays and more. Join us in the Community Room on Wednesdays, January 5, 12, 19, 26, and February 2, 9, 16, & 23 beginning at 1:30 p.m.

Spanish Storytime:

Little ones ages 2-5 are invited for stories and rhymes in Spanish. Please call the library for dates and times.

Afterschool Fun:

Special programs designed for ages 6-10. January 25 and February 22 from 4:00 to 4:45 pm in the Community Room. Call the library for details.

Blood Drive

coming in February.
Give the Gift of Life.



Foothill Ranch Library

27002 Cabriole Way • 855-8072

ADMISSION FREE:

All programs made possible through the generosity of The Friends of the Foothill Ranch Library

Programs are free and are held in the Community Room. For more information, please contact the Information Desk.

CHILDREN AND TEEN PROGRAM

Pre-school Story Time:

Tuesdays, 10:30 a.m., January 18-March 1

Ages 3-5. Parents and caregivers welcome.

Boy, it's cold outside! Time to cozy up to a good book or two. Join us for 30 minutes of fun stories, songs, finger plays and a craft or two.

Toddler Story Time:

Tuesdays, 11:30 a.m., January 18-March 1

Ages 0-2. Parents and caregivers participate.

Designed for our youngest book lovers, these 30-minute sessions feature simple stories, fun rhymes and lap sit activities. Get ready to jump and sing about reading!

Family Evening Story Time:

Wednesdays, 7:00 p.m., January 19 – March 2

Recommended for families with children up to eight years of age.

30 minutes of seasonal stories and activities that the entire family can enjoy. Come in your jammies and bring your favorite stuffed animal.

The Friends of the Library Book Store Needs Volunteers!

Have a couple hours to spare each week? We can use your help in the book store. The Friends of the Foothill Ranch Library raise funds for the Library by selling books and hosting special fund-raisers. Monies generated by the sale of books in the store and online go to support community programs and toward the purchase of additional Library materials. For information regarding volunteering, contact Friends of the Library President, Elizabeth Smith, at (949) 837-2141 or pick up a volunteer application in the Library or book store.

Visit www.ocpl.org for more information

HOW TO REGISTER

Winter 2010/11 Registration Dates

Lake Forest Residents: Tuesday, November 16

Non-Residents: Monday, November 22

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, November 16.**

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Tickets that are purchased for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630.



Credit Card Payments are not accepted at City Hall for programs.

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a phone call if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee is now in effect for certain classes and programs.

Questions on
Registration?
Call 461-3450





City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male
Birthday _____ (mm/dd/yy)	Email _____	<input type="checkbox"/> Female
Street Address _____	City, State, Zip _____	
Home Phone () _____	Work Phone () _____	
Emergency Contact _____	Emergency Phone () _____	

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450

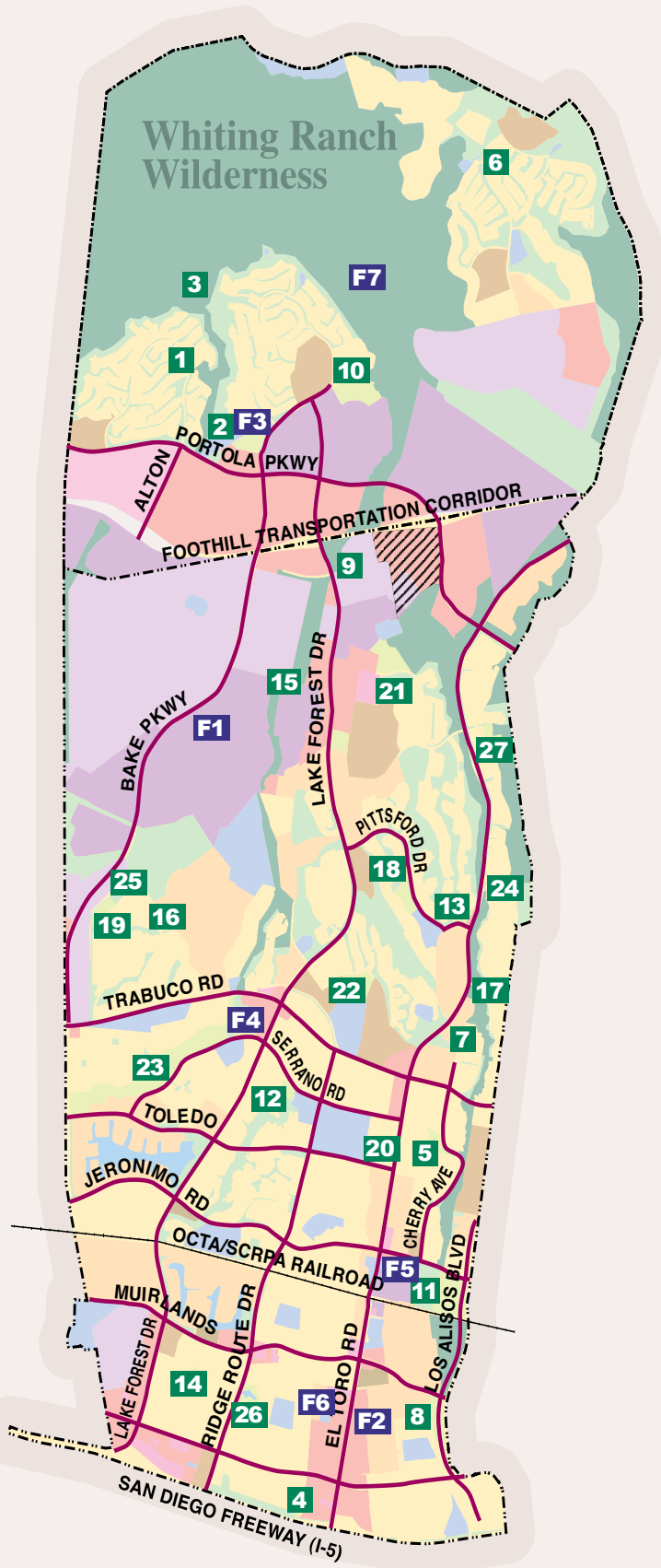


Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
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Credit Card Payments are not accepted at City Hall

City Of Lake Forest Park Guide



CITY PARKS

			Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
1	Alton Park 18992 Alton Parkway		2.3	4	1 ^{hc}	1		9				
2	Borrego Park 26982 Cabriole		11	5	1 ^{hc}	1	1	11	1	1		
3	Borrego Overlook Park 21 Viaggio Lane		1.6	3		1		5				
4	Cavanaugh Mini Park 23782 Cavanaugh Road		0.2		1 ^{hc}	1		1				
5	Cherry Park 22651 Cherry Avenue		4.5	6	1 ^{hc}	1		4 1 ^s				
6	Concourse Park 18931 Saddleback Ranch Road		7	2	1 ^{hc}	2	1	14 2 ^s				
7	Darrin Park 22461 Cherry Avenue		3.1	6	1 ^{hc}	1		11 1 ^s				
8	El Toro Park 23701 Los Alisos Boulevard		10	4		1		7 1 ^s	1			2 ^L
9	Etnies Skatepark of Lake Forest 20028 Lake Forest Drive		5.3				Skate- park ^L		1			
10	Foothill Ranch Community Park 19422 Rue De Valore		15.5		1 ^{fc}	1	1	7	1	1	2	2
11	Heroes Park 25420 Jeronimo Road		12.4	1			1	2	1	2	4	
12	Lake Forest Park 24000 Serrano Road		2.3			1						
13	Montbury Park 21962 Montbury Drive		3.5	1				2				
14	Mountain View Park 4061 Dylan Street		5.3	3	1 ^{fc} 1 ^{hc}	2		7 1 ^s			1	2 ^L
15	Nature Park 26215 Dimension Drive		4.5				1	1 ^s				
16	Peachwood Park 21132 Peachwood		2.7			1		4				
17	Pebble Creek Park 26441 Pebble Creek Road		1.9			1		1				
18	Pittsford Park 21701 Pittsford Drive		10	2		2	1	8 1 ^s	1			2 ^L
19	Rancho Serrano Park 20842 Paseo Sombra		5.1	3				7				
20	Ranchwood Park 22500 Killy Street		1.9		1 ^{hc}	1						
21	Regency Park Regency Lane & Osterman Road		5								1	
22	Ringate Park 29772 Ringate		5	1	1 ^{fc}	3		10 1 ^s				1
23	Serrano Creek Park 25101 Serrano Road		44	3		1	1	19 1 ^s	1			
24	Sundowner Park 22041 Sundowners Lane		0.8	1		1		2				
25	Tamarisk Park Tamarisk at Peachwood		11.2		1 ^{fc}	1		11			1	
26	Village Pond Park 23102 Ridge Route Drive		4.7					5				
27	Vintage Park 21000 Vintage Street		4.8	5	1 ^{fc} 1 ^{hc}	1		11				



renovation in progress



park shelter available for reservation

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

OTHER FACILITIES

F1	City Hall	25550 Commercentre #100	461-3400
F1	Community Center	25550 Commercentre	461-3450
F2	El Toro Library	24672 Raymond Way	855-8173
F3	Foothill Ranch Library	27002 Cabriole	855-8072
F4	Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5	Lake Forest Golf	23308 Cherry Avenue	859-1455
F6	El Toro Post Office	24522 Raymond Way	837-1976
F7	Whiting Ranch Regional Park	Trabuco Canyon	923-2245

Introducing our

“HOLIDAY HOOPLA”

Full Day Winter Break Camp



**“Holiday Hoopla” is back again this year,
but now there is even more to enjoy!**

❄ Monday, December 20 - Wednesday, December 22
❄ 8 am - 6 pm

For more info and registration details, see page 4 inside.

